MS MENTAL WELLNESS Summit – Fort Worth

- -Resilience in Relationships-
- - Linking Exercise and Brain Health
- - What We Know about MS Depression, Disease Progression
- - And More!

Sponsored by: MINDSET MOVE·WELL

Community Sponsors: NOVARTIS & TG Therapeutics

RSVP Required – Please see below

Guest Presenter: Jessica S. Thomas, LCSW, Licensed Clinical Social worker

Presenter of the monthly virtual program called MS Mental Wellness Chat

Topics: Care Partner Perspective
Resilience in the Relationship and Celebrating Wins and Preserving Identity
Teamwork and Decision-Making **35-minute discussion + 25-mins of Q&A**

Guest Speaker: Travis Erhardt, Owner and Trainer at Mindset Move-Well

Discussion on: Helping link exercise and brain health.

25-minute discussion + 20-mins of Q&A

"What we Now know about MS and Progression, plus Lifestyle & Wellness"

Guest Presenter: Annette F. Okai, MD - MS Neurologist at
North Texas Institute of Neurology, Rheumatology & Headache

Topics:

- How Our Understanding of MS Has Changed (Why the old model does not explain everything)
- MS Progression Can Occur without Relapses (PIRA, RAW)
- Let's discuss an important symptom of Depression as it relates to MS
- A briefing on Lifestyle and Wellness **40-minute discussion + 35-mins of Q&A**

Date: Sunday, October 25, 2026

Check-in begins at 11:40pm CT -

* Program Begins at: 12:30pm CT *

Complimentary LUNCH

Location: **Hilton Garden Inn Fort Worth Medical Center**

912 Northton St. - Fort Worth, TX 76104

To attend In-person Please (RSVP) here: https://msviewsandnews.org/in-person-events

If you do not have internet, please call (888) 871-1664 - Ext 105

No Walk-ins will be permitted (as an advanced headcount is needed)

Exhibitors: MINDSET MOVE·WELL, Genentech A Member of the Roche Group, MS views & news Assisting the MS community with information, NOVARTIS, TG Therapeutics

Program provided by MS Views and News, a 501C3 not for profit organization

MS Views and News is MAKING a Positive IMPACT on those affected by Multiple Sclerosis

Updated 09.17.26

Event to end by 3:40pm CT